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Pesy is a referred International, Quarterly and Bilingual Journal of Physical Education, Sports Management and Yogic Sciences. It promotes interdisciplinary perspective to discuss issues of National and International Significance. Its regular features include research book editorial correspondence. All the Research papers are subject to a double-blind referring process and are published on the recommendations of referees and discretion of the editor. As far as the Research papers are concerned, the views or statements expressed in the Research papers are solely of the author and the editor is not responsible for the same.

PURPOSES

1. Cooperation in the exchange of information about Physical education, sports Management and Yogic Science Culture worldwide
2. Development of both the physical and mental aspects of Physical Education, Sports Management and Yoga.

AIMS

1. To provide a medium for the exchange of information and an opportunity for cooperation and development among various countries worldwide.
2. To promote the study of both and physical and mental aspect of physical education, sports management and yogic sciences by using the advances in scientific research results.
3. To establish a common foundation of theory based on the positive differences of various backgrounds.
4. To develop interest in the significant study of various researchers.
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Editorial

It is matter of great pleasure to present, January-March issue of the Fourth Volume of PESY to all its contributors and researchers in the field of physical education, sports management and yogic sciences, not only from all the corners of the country, but internationally also which have shown a great interest in starting this international research journal.

In this issue all the 15 research papers are very well prepared and presented by the Professors, Researchers and Scholars under their Supervisors and Mentors.

We are thankful to our readers and contributors for motivating and subscribing the journal regularly. The constant efforts of the editorial board and referees board members and cooperation helped in release of Pesy papers written in English issue on time.

After the editorial board scrutinizes & agrees to the research papers standard then only it is included in the volume. It is a request to all the contributors and members that it would be highly appreciable if we receive the original & updated work.

It has been observed that many –a- time the papers not intensely checked before sending to the journal. It is a request to one and all that the papers should be thoroughly checked as per the guidelines given for the authors before sending.

We are thankful to one and all for their support for the Journal.

Ruby Sharma
Sandeep Kumar
Editor(s)